



THE Senior Connection

VOLUME 2, No. 10 • OCTOBER 2012

News from the Howard County Office on Aging

Department of Citizen Services

Howard County, Maryland

A Message from the Administrator



**By Dayna Brown,
Office on Aging
Administrator**

First off, I want to thank those of you who have attended one of the recent Community Listening Forums to share your thoughts about the Office on Aging and growing older in Howard County. You've raised great questions about a full range of things — the Affordable Care Act, housing, transportation, intergenerational programs and employment, among others. And while I readily admit that I haven't had all the answers, I really enjoyed the exchange and am looking forward to the rest of the scheduled sessions! I hope you will join me.

Coming up in November is another terrific opportunity for us to shed light on the realities facing older adults in our community. Join members of the Howard County Commission on Aging on Tuesday, Nov. 13 at 7:30 p.m. in the Banneker Room of the George Howard Building, 3430 Courthouse Drive in Ellicott City, for an in-depth look at national trends in aging and the local implications. Four nationally recognized speakers will offer insights into demographics, volunteerism, caregiving and more. For more information, call 410-313-6410 or email coa@howardcountymd.gov.

With all this emphasis on identifying and meeting the needs of Howard County's older adults, I don't think there could be a better time to hold the 14th annual 50+EXPO. Coming up on Friday, Oct. 19 from 9 a.m. to 4 p.m. at Wilde Lake High School in Columbia, the 50+EXPO will showcase not only Office on Aging programs and services, but also those offered by 150 vendors and exhibitors, including county and state agencies, nonprofit and community organizations, and local businesses. Add to that a comprehensive health fair, flu shots, life enriching seminars and workshops, a Green Fair, free all day entertainment — including two shows by the incomparable Capitol Steps at noon and 2 — plus great food, and you have an event you won't want to miss.

There's plenty of free parking at the Mall in Columbia, so park your car, hop on the EXPO shuttle and enjoy your day at the 50+EXPO. For more information and event updates, visit www.howardcountyaging.org/50plusexpo or find us on Facebook at www.Facebook.com/HoCo50plusEXPO. Hope to see you at the EXPO!



Share your thoughts and concerns about growing older in Howard County and the Office on Aging with Administrator Dayna Brown. Light refreshments will be offered. All are welcome. Reservations are requested but not required. Call the Center to RSVP.

Elkridge Senior Center • 410-313-5192 • Thursday, October 4, 9 a.m. to 11 a.m.

Longwood Senior Center • 410-313-7217 • Wednesday, October 10, 10 a.m. to noon

Ellicott City Senior Center • 410-313-1400 • Monday, October 15, 1 to 3 p.m.



**Office on Aging
Administrator Dayna
Brown listens as older
adults at the Bain Center
share their thoughts
about growing older in
Howard County.**

The Senior Connection is published monthly by the Howard County Office on Aging, Department of Citizen Services.

We welcome your comments and suggestions. To contact us, or to join our email subscriber list, email seniorconnection@howardcountymd.gov with 'subscribe' in the subject box.

**Howard County Office on Aging
6751 Columbia Gateway Drive,
Columbia, MD 21046**

410-313-6410 | www.howardcountyaging.org

www.Facebook.com/HoCoCitizen

Dayna Brown, Administrator

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Sugar Alcohols... What are they?

By Rona Martiyan, MS, RD, LDN

Sugar alcohols, or "polyols," are often used as lower calorie sweeteners in foods. Despite their name, these substances do not contain alcohol; the name comes from their chemical structure.

Made from fruits, trees and other plants, sugar alcohols are considered "nutritive sweeteners" as opposed to "non-nutritive sweeteners" such as Equal, Splenda and Sweet'n Low. Listed on food labels as sorbitol, mannitol, xylitol, maltitol, isomalt, erythritol or lactitol, sugar alcohols are not as sweet as sugar and are often combined with artificial sweeteners in foods to get the desired level of sweetness.

The benefits of sugar alcohols or polyols include:

- Can be used in desserts, ice cream and candies
- Promotes a lower glycemic response
- Can be used in many diabetic and dietetic products
- Reduces risk of tooth decay
- Tastes like sugar, but has fewer calories

"Polyols" or sugar alcohols contain about 2 calories per gram, while sugar has 4 calories per gram. The amount of sugar and sugar alcohols is reflected in the total amount of carbohydrates on the "Nutrition Facts" of food labels.

Remember, consuming large quantities of polyols, sugar alcohols, and sugar can affect your blood glucose level and your calorie intake. Moderation is the key to a healthy diet.

SAVE THE DATE!

Saturday, November 17
The Bain Center
8:30 a.m. to 2 p.m.

CAREGIVING: FINDING THE BALANCE

Save the date for a seminar just for caregivers. Respite care will be provided; continental breakfast served at 8:30 a.m.; lunch will be provided.

Call 410-313-5980
for more information.

Medicare Education Events

For more information or to register for one of these free education events, call 410-313-7392. One-on-one appointments are also available. Sponsored by the Office on Aging's Senior Health Insurance Program (SHIP); for a complete schedule, visit www.howardcountyaging.org and click on SHIP.

Medicare 101: What You Can Expect From Medicare

Wednesday, Oct. 3, 11 a.m., Kiwanis Wallas Rec Center,
3300 Norbert's Way, Ellicott City 21042

Medicare 102 - Why Medicare Isn't Enough

Monday, Oct. 1, 10 a.m., Howard County General Hospital Wellness Center, 10710 Charter Drive, Suite 100, Columbia 21044
Wednesday, Oct. 17, 11 a.m., Kiwanis-Wallas Rec Center,
3300 Norbert's Way, Ellicott City 21042

Medicare Part D Review & Enrollment Events

(Open enrollment for Medicare Prescription Drug Plans runs Oct. 15 to Dec. 7)

Tuesday, Oct. 16, 9 a.m. to noon,
Glenwood 50+ Center,
2400 Route 97, Cooksville 21723

Friday, Oct. 26, 9 a.m. to noon, Ellicott City Senior Center,
9401 Frederick Road,
Ellicott City 21042



October is Residents' Rights Month, a time to honor residents of long-term care facilities, including nursing homes, assisted living facilities, and retirement communities. The 2012 theme is, "My Voice, My Vote, My Right," and encourages residents' right to vote and participate in the political process. For more information, contact a Howard County Ombudsman at 410-313-6423.

The Howard County Office on Aging
invites you to a

THANKSGIVING CELEBRATION!

Wednesday, November 14 • 10:30 a.m.
Ten Oaks Ballroom, 5000 Signal Bell Lane, Clarksville 21029
Tickets on Sale at all Senior Centers • \$12 per person

FOR MORE INFORMATION: 410-313-5440

THE Giving Thanks LUNCHEON & DANCE

Featuring a special performance by the Retro Rockets!

If you need a sign language interpreter or other accommodations to attend this event, call 410-313-5980 (voice/relay) or email: map@howardcountymd.gov by October 31st.
To request transportation, call HT Ride at 410-313-1921 by November 5th.



Coming Events

**Mondays, Oct. 1 – 29, 1 to 3 p.m. –
Creative Writing with Shana Johnson,
East Columbia 50+ Center**

Shana Johnson encourages seasoned and new writers to think “outside the box” when developing their characters, plots, story lines and poetry in a series of five weekly workshops. Cost: \$53; call 410-313-7680 to register.

**Tuesday, Oct. 2, 11 a.m. to noon –
Improve Balance to Prevent a Serious
Fall, The Bain Center**

Falls can cause serious injury and result in prolonged inactivity and reduced independence. Touchstone Physical Therapy and Wellness will be here to help you learn ways to improve your balance. Free; register in lobby or call 410-313-7213.

**Wednesdays, Oct. 3 – 31, 1 to 3 p.m. –
Intro to Hand Built Pottery,
Glenwood 50+ Center**

Presented by the Columbia Art Center over the course of five weeks, you will learn hand building techniques for creating art with clay, including slab, coil, pinch and combinations of the three. Cost: \$79; call 410-313-5440 to register.

**Wednesday, Oct. 3, 10:30 a.m. to 1 p.m. –
A Showcase of Services,
North Laurel 50+ Center**

Learn about programs, services and volunteer opportunities for older adults at North Laurel and beyond. Our showcase will also feature exercise demonstrations; call 410-313-0380 for details.

**Wednesday, Oct. 3, 7 p.m. – Pets on
Wheels Evaluations, The Bain Center**

Have a friendly dog or cat looking for new adventures? Become a Pets on Wheels volunteer and share your pet with a lonely nursing home resident. Come out and make a difference! Call 410-313-7461 to register for a free pet evaluation or contact igleysteen@howardcountymd.gov for more information.

**Saturday, Oct. 6, 10 a.m. to 3 p.m. –
Glenwood Annual Car Show,
Glenwood 50+ Center**

Join us for a day of family fun. Judge the cars, guess the weight of the pumpkin, bid on wonderful items at the silent auction, enter our door prize drawings and enjoy free entertainment! Call 410-313-5440 for more information.

**Tuesday, Oct. 9,
11 a.m. to noon – ByKota on Stage:
“Fiona’s Follies of 1975,”
The Bain Center**

When a women’s club brings former Ziegfeld Follies’ performers together again for a fundraiser, hilarity ensues. Join the fun and find out if they’ve still ‘got it’ in this new show! Free; call 410-313-7213 to reserve your seat early.

**Wednesday, Oct. 10, 11 a.m. –
Clean Out Clutter,
East Columbia 50+ Center**

Need a little push to declutter and free up new spaces? We can help, with projects and support to inspire you to clear out your rooms, car and garage. Free; call 410-313-7680 to register.

**Thursday, Oct. 11, 5:30 to 7:30 p.m. –
SPRING Wellness Seminar:
The Emotional/Spiritual Connection,
East Columbia 50+ Center**

Rev. Paige Getty, Minister, Unitarian Universalist Congregation of Columbia, provides a thought-provoking look at how spiritual wellness relates to emotional and whole-health wellness. Small group discussions follow; light refreshments served. Free; call 410-313-7680 to register by Oct. 8 or contact Karen Hull, 410-313-7466, for more information.

**Friday, Oct. 12, 10 a.m. to 3 p.m. –
La Boehme & Lunch,
Glenwood 50+ Center**

Tom Glenn will be at Glenwood to show and perform musical selections from the opera; join him to share a lively discussion and lunch. Cost: suggested lunch donation. Call 410-313-5440 to register.

**Wednesday, Oct. 17, 1 to 4 p.m. –
Clarity Audiology & Hearing Solutions,
Ellicott City Senior Center**

Dr. Mary Carson will perform free hearing screenings. Appointments are required; to schedule yours, call 410-313-1400.

**Thursday, Oct. 18, 11 a.m. – Meet John
Hauserman, Ellicott City Senior Center**

Author John Hauserman joins us to discuss his newest book, “Retirement Quest: Make Better Decisions,” followed by a book signing. A Certified Financial Planner and Board Ambassador of the CFP Board, he specializes in retirement planning for those over 50.

**Friday, Oct. 19, 9 a.m. to 4 p.m. – 14th
Annual 50+EXPO, Wilde Lake High School,
5460 Trumpeter Road, Columbia, 21045**

Don’t miss this year’s 50+EXPO, with more than 150 vendors and exhibitors, life enriching workshops, flu shots, a comprehensive health fair, all day entertainment, and two free shows by the incomparable Capitol Steps at noon and 2 p.m.! Visit www.howardcountyaging.org/50plusexpo for details, or ‘like’ us at www.Facebook.com/HoCo50PlusEXPO!

**Monday, Oct. 22, 10 to 11:30 a.m. –
Let’s Talk Elections, The Bain Center**

Sponsored by the SPRING Current Events group and moderated by Lowell Sunderland, “Let’s Talk Elections” will include a discussion on ballot issues and a small group exercise. Join us to listen and share your thoughts in a lively group setting. Free; call 410-313-7213 to register.

**Tuesday, Oct. 23, 11 a.m. to noon –
Music & Art Traveling Heart Show;
The Bain Center**

Join us and get your toes tapping and fingers clapping; sing and dance along to some great songs! Free, with refreshments; sign up in the lobby or call 410-313-7213 to register.

**Wednesday, Oct. 24, 9:30 a.m. to 3 p.m. –
CarFit, Elkridge Senior Center**

Are your mirrors in your car adjusted properly, and are your seat and seatbelt set correctly? Have the experts ‘fit’ you in your car to keep you safe behind the wheel. Free; call 410-313-5192 for appointments.

**Wednesday, Oct. 24, 2 to 4 p.m. –
9th Annual Art Show & Reception,
Ellicott City Senior Center**

Meet and greet our senior center artists, view their original paintings and enjoy refreshments! Call 410-313-1400 for details.

**Thursday, Oct. 25, 10:30 am to noon –
Preventing Violence in Relationships,
The Bain Center**

Join Vanita Leatherwood, Director of Community Engagement at the Domestic Violence Center of Howard County, for a candid presentation on violence in all types of relationships. Learn how to recognize the signs, find help and take steps to prevent violence before it happens. Call 410-313-7213 to register.

**Friday, Oct. 26, 9 a.m. to 5 p.m. –
Cozy Inn & Gettysburg Outlets,
Elkridge Senior Center**

We’ll enjoy a delicious lunch at the famous Cozy Inn, then visit the Gettysburg Outlets for some shopping enjoyment! Relax and leave the driving to us. Cost: \$30/person; call 410-313-5192 for details and reservations.

**Wednesday, Oct. 31, 11 a.m. –
“Giving Thanks” with Ballet Mobile,
North Laurel 50+ Center**

Enjoy an inspiring dance performance by Ballet Mobile that will touch your heart and lift your spirits. Free; call 410-313-0380 to register.

**Friday, November 9, 10 a.m. to 2:30 p.m.
– AARP Driver Safety Class,
Elkridge Senior Center**

Learn defensive driving techniques, new traffic laws and review the rules of the road in this class, designed just for drivers age 50 and older. Call 410-313-5192 for fees and to register. Classes in November are free for all veterans!

**Be a FRIEND of the
50+EXPO!**

**50EXPO
PLUS**
Howard County Office On Aging


**FRIDAY
OCTOBER 19 9 am – 4 pm**
Wilde Lake High School • Columbia, MD

Be a FRIEND of the 50+EXPO and demonstrate your support for this premier event for older adults.

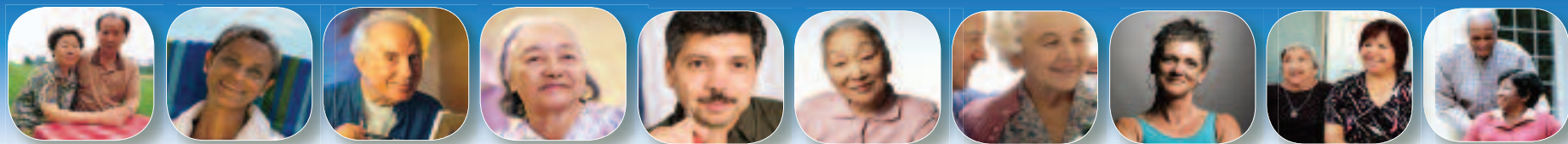
All “FRIENDS” will be acknowledged at the event and receive one preferred, reserved seat to see “The Capitol Steps” perform in the Jim Rouse Theatre at either the 12 NOON or 2 PM show.

Download the flier at www.howardcountyaging.org
Complete and return to the address shown on the form.

THANK YOU FOR YOUR SUPPORT AND COMMITMENT

 **CITIZEN SERVICES
OFFICE ON AGING** www.howardcountyaging.org

WHERE THE MANY FACES OF 50+ MEET!



**FRIDAY, OCTOBER 19
2012**

9:00 am - 4:00 pm

**Wilde Lake High School
5460 Trumpeter Road, Columbia, MD**

FREE ADMISSION!

**Over 150 Exhibitors • Healthy Aging Seminars • Life Enriching Workshops
Ideas & Demonstrations for Living Green • All Day Entertainment
Food & Refreshments • Health Fair, Diabetes Screenings and Flu Shots***

* Persons with Medicare Part B should bring their Medicare card

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Robert Ammlung, M.D.

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